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Long-Term Recovery Newsbites

www.santecenter.com

May 2023

800.258.4250

CONTENT INCLUDES:

- 3 CE opportunities in next 30 days
- Santé's own highlighted in *Dallas Morning News*
- Level of care highlighted

Upcoming Clinical CE Presentations

SIPER

Santé Institute for Professional Education and Research

May 19, 2023

12:00 p.m. - 1:00 p.m. CST

1 CE Hour via Zoom

"The Way We Drain Energy From Others"

Presented by:

Elizabeth Ann Keller, APRN-BC, FNP, FPMHNP, LPC



Presentation Overview:

The presentation will discuss the way people drain energy from others.

Presentation Objectives:

1. Help patients and clinicians understand four ways people drain energy from others
2. Help them understand the way they personally are draining energy from others
3. Guide patients and clinicians to understand the solution and how to teach the technique for resolving energy drainage (CRESES)

Click [here](#) or the button below for the speaker's bio and to register.

CE hours provided:

Texas Certification Board of Alcoholism and Drug Abuse Counselors Provider No. 1584-00

Texas State Board of Examiners Professional Counselors No. 144

Texas State Board of Examiners Marriage and Family No. 344

Therapists Texas State Board of Social Workers Examiners Provider No. 2974

NBCC ACEP Number: 7031

- A majority of the licensing boards in the United States accept NBCC credit; however, as rules and regulations sometimes change without much notice, it is ultimately your own responsibility for interpreting your state's laws, board rules, course relevancy and all requirement for your state.

Register Now

Santé is a proud sponsor of the Trauma Education Association



May 26, 2023

11:30 a.m. - 1:00 p.m. CST

1 CE Hour via Zoom

"First Responders and Trauma Treatment"

Presented by:

**Emily Mourik, LMSW, EMDR Trained
and**

**Kim Garrett, LCSW-S, LCDC, CCISM, MBA,
Certified Therapist in EMDR, Consultant-in-Training**



Presentation Objectives:

1. Educate on the role of the mental health clinician in external mental health for police department.
2. Identify officer wellness and educate on trauma impacted through job duties.

3. Discuss community resources used by law enforcement, as well as barriers.

Click [here](#) or the button below for the speaker's bio and to register.

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[Register Now](#)

SIPER

Santé Institute for Professional Education and Research

June 16, 2023

12:00 p.m. - 1:00 p.m. CST

1 CE Hour via Zoom

"Emotional Neglect: Addiction's Playground"

Presented by:

Chris McMullen, LPC, CSAT



Presentation Overview:

Emotional neglect is often overlooked as a source of major trauma. However, connection is key for the development of social awareness, connecting to emotions, developing relational skills, and knowing who to trust to get your needs met. The lack of connection sets up a multitude of challenges for individuals throughout their lives. Neglect can be both intentional or unintentional but the effect is the same.

Presentation Objectives:

1. Understand the link between neglect and addiction
2. Identify the cycles that emotionally neglected individuals become stuck in
3. Utilize modalities to help clients get out of emotionally unhealthy cycles

Click [here](#) or the button below for the speaker's bio and to register.

CE hours provided:

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[Register Now](#)

Our Alumni

We love the relationship we have with our Alumni. It is an honor and joy to celebrate in their successes and to stand by them in hardships. Here is some of what they have recently shared.

“

...I'm celebrating 6 months sobriety today and what a huge milestone for me... Never thought I could stop alcohol but I'm doing it with lots of support, virtual meetings and encouragement...

– Dicky G on 5/1/23

”

“

The first five days of inpatient was hard. I'm glad I stuck through the program and am going on 11 months of being sober! I would say all that physical and emotional pain was and is worth it! I'm healthy now! – Azat E on 4/23

”

“

Today, I can be grateful for my sobriety each and everyday. At one time [addiction] was my failure. It caused so much pain. Unbearable pain at times. Today, I can say I'm grateful to be sober today. The power in that keeps me going.

– Phil B on 4/21/23

”

“

Can't believe I made 4 months now!!! Doing good... – Kenneth G on 4/21/23

”

News & Media



Santé's own Stephanie Crawford, Regional Marketing Coordinator, recently shared her moving and inspiring story with the *Dallas Morning News*.

"Crawford, a regional marketing coordinator at Santé Center for Healing in Argyle, said recovery has given her spiritual principles to live by and taught her to be a woman of integrity, to understand what is important in life and to be a good example for her children.

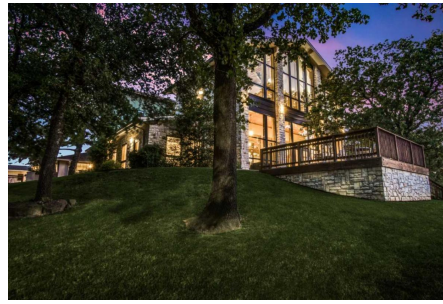
She said she realizes there is no guarantee that bad things will not happen. But she knows now that she can stay sober. 'You'll have people who love you through it, and you'll have peace,' she said."

Click [here](#) or below to read the full article.

[Read the Full Article](#)

Residential Treatment Program

In a residential treatment program, individuals can finally get the help they need to recover. Many people feel guilty or ashamed of their addiction. These negative feelings make it harder for the person to realize that they need help. Through the right support, individuals can finally get the care they need.



Whether entering with substance use disorders, trauma, problematic sexual behavior, eating disorders or dual diagnosis, individuals who begin the residential level of care will individually and collectively interact with Santé's exemplary, tenured staff of psychiatrists, addictionologists, psychologists, psychiatric nurse practitioners, certified addiction nurses, licensed dietitians, and masters level therapists who have additional credentialing and certifications in EMDR, CSAT, ACT, DBT, CBT, EFT, motivational interviewing, shame resiliency, psychodrama, relapse prevention and grief and loss.

Individualized treatment plans are customized throughout this level of care that involves: simultaneous treatment of dual diagnosis, individual therapy, group therapy, education, accountability, 12 step introduction, EMDR, neurofeedback, shame resiliency, experiential therapy including high and low ropes course, nutritional counseling, medication management, gender-specific groups and relapse prevention planning. Idea is to identify and work through the core-level issue underneath the substance use, problematic sexual behavior, disordered eating, and other compulsive behaviors. In this level of care, clients and their treatment teams identify the underlying causes of the addiction and how they can achieve long-term recovery.

"It gave me a new perspective to what is important in life. It allowed me to 'disconnect' from the chaos I was in or had created and to work on my recovery without distractions."- Lisa, Alumnus

Please click [here](#) or the below button or call 1.800.258.4250 for additional information.

[Learn More](#)

Levels of Care

YOUR JOURNEY TO RECOVERY BEGINS

Professional Assessments

Medical Detox

Residential

Intensive Outpatient

Transitional Living

Family Programming

Indiv. Therapy & Med. Mngmt

Alumni Support

OUR GOAL IS LONG-TERM RECOVERY

Confiding with Transparency

You can be forgiven for your flaws. You can also forgive others of theirs. Step Five is about letting go of ego and sharing our character defects and wrong doing with our higher power and another person. This is a way to learn and grow from past mistakes and to unburden oneself to someone who will not judge. Being able to face inwardly and process all of your wrongs is not an easy feat; you must have a strong support system to lean on, to confide in, and celebrate the cathartic freedom of bringing all of one's wrongs to light. To practice transparency by acknowledging details of your wrong doings helps ease isolation's hurts. Many working the steps for the first time experience the cumulative effects of active addiction's years of isolation and loneliness.

"As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur." Twelve Steps and Twelve Traditions, Alcoholics Anonymous World Services.

INTEGRITY

ADMITTING TO A HIGHER POWER,
OURSELVES, AND TO ANOTHER HUMAN BEING
THE EXACT NATURE OF OUR WRONGS.

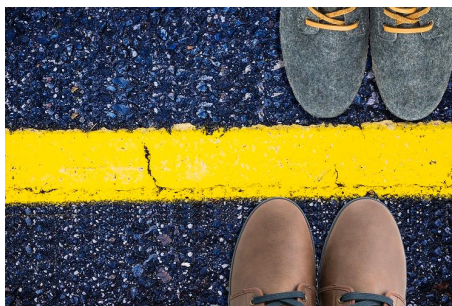
Santé
CENTER FOR HEALING

12
STEPS

Maintaining Proper Boundaries Continuing Medical Education Course

Next Course Offered: August 23-25* (In-Person Course)

Maintaining Proper Boundaries, is a 3-day training course providing self-assessment, knowledge, awareness, skills, applicable tools and prevention strategies to healthcare professionals with difficulty maintaining proper boundaries with patients, colleagues and/or staff.



Who Should Attend:

This course is recommended to any licensed healthcare professionals in safety sensitive positions who experience difficulty establishing and maintaining proper boundaries. Hospitals, health systems, professional peer health programs may refer health care practitioners:

- as a preventative measure for continuing medical education specialized for healthcare professionals'
- as a behavior intervention
- or as an adjunct to a relapse prevention plan. Self-referrals are welcome.

*Space is limited

Register Now

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

May 19, 2023

SIPER (Santé Institute for Professional Education and Research) - 1 CE Hour

12:00 PM - 1 PM CST, Via Zoom

"The Way We Drain Energy From Others"

Elizabeth Ann Keller, APRN-BC, FNP, FPMHNP, LPC

Click [here](#) to register

May 26, 2023

TEA (Trauma Education Association) - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"First Responders and Trauma Treatment"

Emily Mourik, LMSW, EMDR Trained and Kim Garrett, LCSW-S, LCDC, CCISM, MBA, Certified Therapist in EMDR, Consultant-in-Training

Click [here](#) to register

June 16, 2023

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"Emotional Neglect: Addiction's Playground"

Chris McMullen, LPC, CSAT

Click [here](#) to register

June 23, 2023

TEA (Trauma Education Association) - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"Coupled Recovery™: Comprehensive Healing from PSB and Betrayal"

Laney Knowlton, LMFT-S, CSAT, CPTT, CCPS, CMAT, IAT and Dr. Brian Martin, LMFT-S, LSOTP, CSAT, CPTT, CCPS, IAT

Registration coming soon

August 23-25, 2023

Maintaining Proper Boundaries Course - CME Hours

Click [here](#) for more information and to register.

[See More](#)

For All The Right Reasons

You are mission-inspired and results-driven. You chose your profession and calling for all the right reasons. Your work helps people in their most hidden and painful problems every day.

The importance of your work is underscored by how incredibly hard it is. Any given day might bring massive challenges with your clients or patients. Who else is in it for all the right reasons? Who can you trust to work alongside you, providing evidence-

based and trauma-resolution care? Who provides the best opportunity for long-term recovery?

Google provides 350,000,000 results when searching “addiction treatment.” This is an overwhelming number of options that you can ascertain for quality, but can your clients or patients?

They look to you to:

- Distinguish clinical experience and expertise from nonessential amenities and impersonal call centers;
- Connect them to higher levels of care ready for the increasing complexity of their problems and to discover and begin to heal from the root issues underneath, therefore decreasing the likelihood of relapse;
- Recognize other facilities may dress the part but lack integrity.

They look to you. And you look to Santé Center for Healing for expertise, integrity and long-term recovery...for all the right reasons.

Santé Center for Healing: What We Treat...

<https://www.santecenter.com/miracles-happen-on-the-hill-flipbook/>

Santé Center for Healing: Continuum of Care...

<https://www.santecenter.com/continuum-of-care-flipbook/>

Share Your Experience

Santé provides quality care and programs for long-term recovery. If there is anything we can do to improve, please [reach out to us](#). When you reflect on our continued collaboration and/or our shared clients who are doing well, share the experience on [Facebook](#) or [Google](#).

Take a Virtual Tour of Santé Center for Healing



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Santé Center for Healing has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7031. Programs that do not qualify for NBCC credit are clearly identified. Santé Center for Healing is solely responsible for all aspects of the programs.

